

# Wellness Risk Management (WRM)

## IMPLEMENTATION

For Businesses, Industries, Service Organisations

For people who need some extra help with Wellness and chronic disease prevention strategies.

**Measure - Assess - Identify - Prioritize - Motivate**

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Certified Member of the Royal College of Chiropractic Sports Sciences (Canada)

Master of Science: Biology (With Emphasis on Nutrition)

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### **How does an organization implement WRM and/or integrate the dance Workshop option?**

Given the complexity and comprehensiveness of **Wellness Risk Management**, where would business, industry, or public service organisations begin to implement WRM?

**First**, one should ask what Wellness programs are presently in place at their organisation. Dance workshops are not mandatory, but are a very nice touch. So, why dance? Dance is a psychomotor skill. It requires both physical and mental activity. Both of these are indispensably helpful for Wellness. Importantly, dance can be performed long into old age. How to integrate all this is next?

### **One should ask what resources are available at their organisation.**

- **Are there lecture facilities?**
  - Lecture facilities ARE NOT NECESSARY, but helpful. There is an internet component for WRM troubleshooting workshops. Lectures can be online.
- **Is there space** to run Wellness Risk Management dance lessons and dances?
  - Dance space IS NOT NECESSARY, but helpful. Dances can be run offsite.
- **How much space** is needed for these functions?
  - Private one-on-one lecture space need only have a small table and three chairs, assuming some participants initially bring a guest.
  - Group lecture space need only have space and chairs depending on the size of the crowd wishing in-person group formats.
  - A dance floor need only be about 20 feet by 20 feet and even smaller. Chairs can go around the outside and no tables are necessary. It all depends on the size of the crowd wishing lessons and dances.
- **What technology** is needed for these facilities?
- Both lecture and dance facilities do not need any technology, however, there are types of technology which make things easier for participants.
  - Overhead projectors with HDMI connections are helpful.
  - Simply a large digital screen with HDMI is ok too.
  - Dance music technologies (amplifier, synthesiser and speakers) are helpful.

**Third**, one should ask how WRM will become a long term permanent program in the facility?

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### Long Term WRM Implementation

- Wellness Risk Management incorporates training in-house, or outside WRM Instructors.
- Wellness Risk Management incorporates training WRM Instructor-Trainers.
- Wellness Risk Management incorporates a WRM Foundation to update and upgrade policy and procedures on science protocols, to update and upgrade policy and procedures on WRM Instructor licencing protocols and on unforeseen needs as they arise.
- Presently, Dr. Victor Jean Ouellette will function as WRM Instructor, Instructor Trainer and Dance Instructor.

### Why and How

Other questions an organisation might ask are why and how to get started with Wellness Risk Management.

For people who need some extra help with Wellness and Chronic Disease Prevention Strategies

- Does your organisation have people who may need extra help with implementing **regular ongoing** Wellness and Chronic Disease Prevention Strategies in a multidimensional way that would include all Five Pillars of Optimal Health Secrets?
  - Nutrition, Exercise, Spinal Health, Rest & Relaxation, Attitude & Perspective in life. These are all measured online.
- Does your organisation wish to attract new clients into their Wellness programs?
- Does your organisation wish to offer a new cutting edge Wellness Action Plan program that measures people on 126 Five Pillar actions and more, then offer WRM Workshops to fine tune compliance with the science in a proactive way that leaves the client in charge, and leaves the client selecting priorities by helping them troubleshoot customised problem areas found in Wellness Risk Management measurement?
- Wellness Risk is considered high when someone is not complying with the science.
- Once Wellness Risk **Measurement** is finished online, then the eight item **Wellness Risk Management Action Plan** becomes the sole focus of WRM Instructors. Is the client complying? If not, how do we help with the problems? How do we help the client get all actions done on a regular basis? **WORKSHOPS!** An important point is that Wellness advice is not offered. This concept is something an organisation would want to discuss with us in person.

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Page 4 of 8

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### Wellness Risk Management and Dance

#### A Primer

Dance can be an integral component of physical Wellness and a company can offer dance if they wish to. Dance can be fast or slow and is usually done for several hours at a time. Further, 'Lead-and-Follow' dance stimulates the brain to produce NEW neurons and that is always good.

We will teach some 24 dance styles and would expect people will polarize into a few styles they like best. We will cover the Ballroom dances, the Latin dances, the Swing dances, the Hustle, Disco, Country 2 Step, Blues basics, Club Step 2 basics, the Slow Dance, and the Freestyle dance.

- Ballroom will cover Foxtrot, Waltz, Cha Cha, Rumba and touch on Tango and Quickstep.
- Latin will cover the Salsa, Meringue, Bachata, maybe even touch on the Kizomba.
- Swing dance will cover the Lindy Hop, Charleston, East Coast Swing, West Coast Swing, and touch on Balboa, Collegiate Shag and Carolina Shag.

Focus will be on the popular dances available socially in the local areas. When one delves into these forms of dance, one begins to see that they are remarkably similar, being formations of double steps, triple steps and single steps spaced in various ways, sometimes with only small variations. Turns and spins are added and in some cases, pauses and breaks. We will cover the basic steps for each and a few intermediate routines will suffice to get started.

Businesses not wishing to offer WRM Dance Workshops can offer the standard WRM workshops without dance because dance is an optional add-on program. The best way to gain a good understanding of Wellness Risk Management, and the workshops, is to contact us for an interview.

### Wellness Risk Management (WRM) Standard Structure and Anonymity Concepts

Wellness Risk Management entails structure and policy standards along government protocols on nutrition and exercise. Spinal Health, Rest & Relaxation and Attitude are the other three pillars and they are also standard published science. WRM also offers the introduction to cutting edge science on **Dr. Ouellette's Anti-Inflammatory, Anti-Obesity, Anti-Aging, Pain Relief, Wellness Diet.** That information is for those people who want to take advantage of those concepts because they have particularly difficult health problems to deal with.

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Page 5 of 8

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### Cutting Edge Science

WRM introduces principles using cutting edge science on heart health, vascular health, anti cancer, and Wellness concepts through various types of intermittent fasting including the Fasting Mimicking Diet (FMD). WRM introduces this data to those who feel they may be in need of that type of information, or who may just be curious as to what that science data is all about. We understand that not everyone is interested in this level of lifestyle change. Information on the more successful exercise routines like interval training, aerobic training, strength training, are available as well. Various types of fitness centres and community centres provide these types of services.

### Needs

Wellness Risk Management becomes a matter of assessing a person's needs in the **non therapeutic field**, then showing people a pathway to help themselves if they feel they have further therapy needs. However, therapy and Wellness advice per se are not offered by Wellness Risk Management. Wellness Risk is measured online by the program at TheQ.ca where needs are discovered and listed in the 35 page **Wellness Risk Management Report of Findings**.

### The Issue of Anonymity

Large populations, and sometimes small ones too, contain various groups of people who have varying levels of worry that someone, or some organization may use their data against them or to market to them. Some groups have higher levels of these fears than others. From the very beginning Wellness Risk Measurement and Wellness Risk Management have been sensitive to these worries and so we fashioned an anonymous measuring process where we allow, and encourage, people to use anonymous email addresses in addition to our standard unique code names. All data are identified only with unique codenames. An anonymous email address just adds another level of anonymity if people feel they would like that level. We are fine with whatever method people wish to use. Please contact us for an interview to learn more.

**Making Wellness a Priority**  
**Creating Value for Society**  
**Helping Business Manage Wellness**  
**Teaching Evidence-Based Wellness**  
**Chronic Disease Prevention Strategies**

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## What We Don't do

### Credits

This following list was found online on a GetPocket web page and adapted for our needs. We think it is a good list that describes the philosophy of Wellness Risk Management Instructors in the future will follow.

As Wellness Risk Management Instructors we **do not provide** therapies or Wellness **advice**. What we do is help people troubleshoot their Wellness Risk Management Action Plan list found in their Wellness Risk Management Report of Findings after they are measured at TheQ.ca.

### Philosophical Principles

**As Wellness Risk Management Instructors we try to adhere to the following principles.**

- |     |                                 |  |
|-----|---------------------------------|--|
| 1.  | We don't blame.                 | Blame doesn't help us nor the people we blame.           |
| 2.  | We don't control.               | One can really control only oneself.                     |
| 3.  | We don't try to impress.        | Our goal is a deeper understanding than impression.      |
| 4.  | We don't cling.                 | We try to not cling to old outdated concepts.            |
| 5.  | We don't interrupt.             | We let people have their say.                            |
| 6.  | We don't whine.                 | Whining only serves to make yourself worse.              |
| 7.  | We don't criticize.             | Education does not make you smarter, only different.     |
| 8.  | We don't preach.                | We go to the foundation (science) not the finality of... |
| 9.  | We don't live in the past.      | We live for the future. We plan for tomorrow.            |
| 10. | We don't let fear hold us back. | If a goal is worthy then it is worth doing NOW.          |

### Philosophical Overview

We work toward reducing our own immaturity and insecurity while not imposing our own standards on other people. We recognize that different parts of the human brain mature at different rates. We let that maturation process unfold naturally.

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Page 7 of 8

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## **Enrolling an Individual in Wellness Risk Management**

### **We Ask, What Are Your Wellness Risk Scores?**

We ask people to enrol in our Wellness Risk Management Research Project on a one year commitment. The cost to them is \$79.95 CAD and that gives them four measurements over nine months and two hours of workshop time with Dr. Ouellette. The opportunity is available to purchase further workshop time as needed at reduced prices.

People are asked to learn behaviours that comply with the science on **Dr. Ouellette's Five Pillars of Optimal Health Secrets: Nutrition, Exercise, Spinal Health, Rest & Relaxation, Attitude & Perspective in Life.**

People control their own speed of progress and will have a **Progress Chart** and **Report of Findings** to guide them. They work on an eight item **Action Plan** for three months until the next measurement process, then they get a new **Action Plan** and work on that one for the next three months. Wellness Risk Management Workshops help them troubleshoot the more difficult issues. At the end of the year people will have a very good grasp of how to manage their Wellness Risk all on their own.

## **Enrollment in WRM Research**

### **Send us an email and ask to enrol.**

That is pretty much all that is required to begin the process. We take it from there. We send people a form that starts the process off. We encourage people to use an anonymous email address in that form, if they wish to. All documents are saved in an anonymous unique code name. Once a person's files are set up in an appropriate research cohort (we take care of all that), then we notify people via email that they can start the measurement process with Dr. Ouellette's Wellness Knowledge Calculator.

## **The Payment Process Flow**

Payments are all made online at <https://theq.ca/workshop-purchase.html> web page. The Register page at <https://theq.ca/register.php> is now used only for future measurements not associated with the research project. The research project is a statistical gathering project that aggregates scores on all codenames in a research cohort. None of those statistics identify anyone, however, they do indicate how well that particular cohort is doing.

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Page 8 of 8

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## A Business' First Step

The first step a business does after approving this program is to simply notify workers, members, management personnel that the Wellness Risk Management project is now available to them. The second step is to notify them again. The only cost for the business is this notification process.

## An Individual's First Step

The first step an individual does is send up an email to [info@WellnessRiskManagement.com](mailto:info@WellnessRiskManagement.com) that they would like enrol in the WRM Program. We will determine if an appropriate research cohort already exists that they can be place into. The individual pays the Wellness Risk Management cost.

**Questions:** What does Dr. Ouellette's Wellness Knowledge Calculator do?

**Answer:** Dr. Ouellette's Wellness Knowledge Calculator is a knowledge calculator that **measures** people to determine what they know about multidimensional Wellness and how they are applying what they know. It then compares the responses to current scientific standards of our day. All five of Dr. Ouellette's Five Pillars of Optimal Health Secrets are measured and more. A workshop program offers direct one-on-one help that fine tunes efforts to improve. Dr. Ouellette's workshops include Dr. Ouellette's Wellness Report of Findings and Dr. Ouellette's Wellness Action Plan. The goal is to improve on the client's Wellness scores and encourage Wellness self-help.

Our Wellness Calculator also assesses a few important additional Wellness parameters and the present diet of the client for **Dr. Ouellette's Anti-Inflammatory Pain Relief Diet** protocols. Optional SPECIALIZED Wellness Workshops will help people construct their own diet and Wellness Action Plan they can be comfortable with. We show people the parameters they will need to deal with complex health issues and conquer chronic, or acute pain and inflammation, even weight loss if they have needs in those fields.

Dr. Victor Ouellette's Wellness Program does not depend on or require chiropractic care or any other form of professional health care.

Contact us if you have any questions as to how this program can help weight, Wellness health, pain, and inflammation, or if you wish to train an In-House Wellness Instructor for your company or business.

Learn a Little More. ([&8-wrm-package-1-of-3-4-pages.pdf](#))